

November

Rohan Woods School

FOOD IN FOCUS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?

The first known stuffing recipe is found in a cookbook written sometime between 200 BC and 100 AD by a chef named Apicius.

We are Thankful for YOU!



Mini Cheese or Pepperoni Pizza
Broccoli
Fresh Pineapple Smoothie

1

Oatmeal
Tater Tots
Bacon
Blueberry Parfait

4

Fish Sticks
Sweet Potato Fries
Cherry Tomatoes
Pears

5

Mini Corn Dogs
Vegetable Medley
Apple Slices
Teddy Grahams

6

NO SCHOOL
REPORT CARD
WRITING DAY

7

NO SCHOOL
ISACS
CONFERENCE DAY

8

Emoji Waffles
Hashbrown
Sausage Link
Strawberry
Banana Smoothie

11

Chicken Quesadilla
Corn
Toss Salad
Mango Smoothie

12

Toasted Beef or
Cheese Ravioli
Roasted Carrots
Mandarin Oranges
Rice Krispies Treat

13

Roasted Chicken
Leg
Sweet Potato Fries
Green Beans
Pineapple

14

Country Fried Steak
Roasted Potatoes
Cherry Tomatoes
Fresh Strawberries

15

Scrambled Eggs
Tater Tots
Bacon
Yogurt
Pineapple

18

Chicken &
Mushroom Rice
Casserole
Corn
Fresh Strawberries

19

Pasta w/Red or
Meat Sauce
Bread Stick
Cucumbers
Pears
Chocolate Pudding

20

Chicken Soup
Grilled Cheese
Celery
Frosted Cherries

21

Philly Cheese Steak
Mac & Cheese
Green Beans
Orange Slices

22

Turkey & Gravy
Mashed Potatoes
Peas
Caramelized Apples

25

Early Dismissal
NO LUNCH

26

THANKSGIVING
BREAK

27

THANKSGIVING
BREAK



28

THANKSGIVING
BREAK

29

Salad Bar Available Daily
For Staff & 6th Graders

Other Daily Options:

PB&J Sandwich

PB Sandwich

Cheese Sandwich

Ham Sandwich

Ham & Cheese Sandwich

Turkey Sandwich

**Turkey & Cheese
Sandwich**

Soy Nuggets

Chicken Breast

Bean Burrito

MENU IS SUBJECT TO CHANGE

Contact our dietitian
at lisa@foodserv.org for special dietary
and allergy concerns.

For more information about FSC or
employment opportunities, please go to
www.foodserviceconsultants.org

